

Caribbean Bean Salad

Makes: 4 Servings

This recipe uses fresh oranges. Juicy and delicious, fresh oranges brighten this Caribbean Bean Salad recipe.

Ingredients

4 cups romaine lettuce (chopped)
1/4 cup red onion (chopped)
1 cup canned black beans (drained and rinsed)
1 orange (peeled and chopped)
1 tomato (chopped)
1 tablespoon vegetable oil
3 tablespoons red wine vinegar (if you like)
1 teaspoon dried oregano (if you like)
black pepper to taste

Directions

1. Toss all ingredients together in large salad bowl. If using red wine vinegar and oregano, add that too.
2. Serve right away or refrigerate up to one hour and then serve.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	120	
Total Fat	3 g	
Protein	5 g	
Carbohydrates	18 g	
Dietary Fiber	7 g	
Saturated Fat	1 g	
Sodium	70 mg	